



## CELESTIAL SEASONINGS, INC.

4600 Sleepytime Drive, Boulder, CO 80301-3292 USA (303) 530-5300

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January 8, 1998

Office of Special Nutritionals  
HFS 450  
200 C Street SW  
Washington, DC 20204

As per Section 6 of the Dietary Supplement Health and Education Act of 1994, I respectfully submit the following information:

Name and address:

Celestial Seasonings, Inc.  
4600 Sleepytime Drive  
Boulder, CO 80301-3292

Text of statement(s):

- A natural formula for whole body relaxation.
- St. John's Wort supports a positive mood.
- Kava kava & chamomile soothe and calm you.
- Magnesium, an essential mineral, aids your central nervous system.
- Tension Tamer is expertly blended to give you just the right amount and potency of herbs, vitamins and minerals you need for whole body relaxation.
- Tension Tamer, with St. John's Wort, kava kava and chamomile standardized extracts, plus magnesium and B Vitamins, is a gentle way to support your natural ability to unwind at the end of the day.
- This unique formula contains just the right blend of natural ingredients you need for whole body relaxation.

Ingredient statement:

Vitamin C, Vitamin B6, magnesium, Vitamin B12, chamomile extract, kava kava extract, St. John's Wort extract.

Name of the dietary supplement (including brand name):

Celestial Seasonings™  
Tension Tamer Standardized Herbal Extracts

I hereby certify that the information contained in the above notice is complete and accurate, and that has substantiation that the statements are truthful and not misleading.

Sincerely,

Mike Gross  
Technical Services Manager

975-0162

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